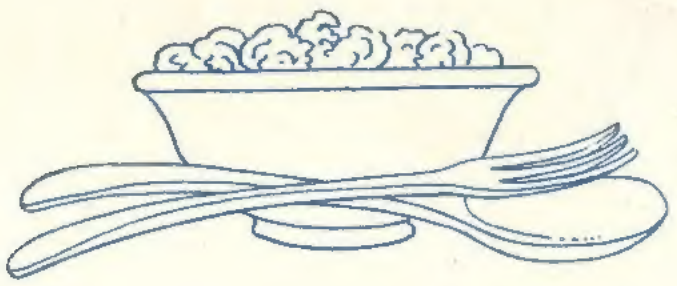
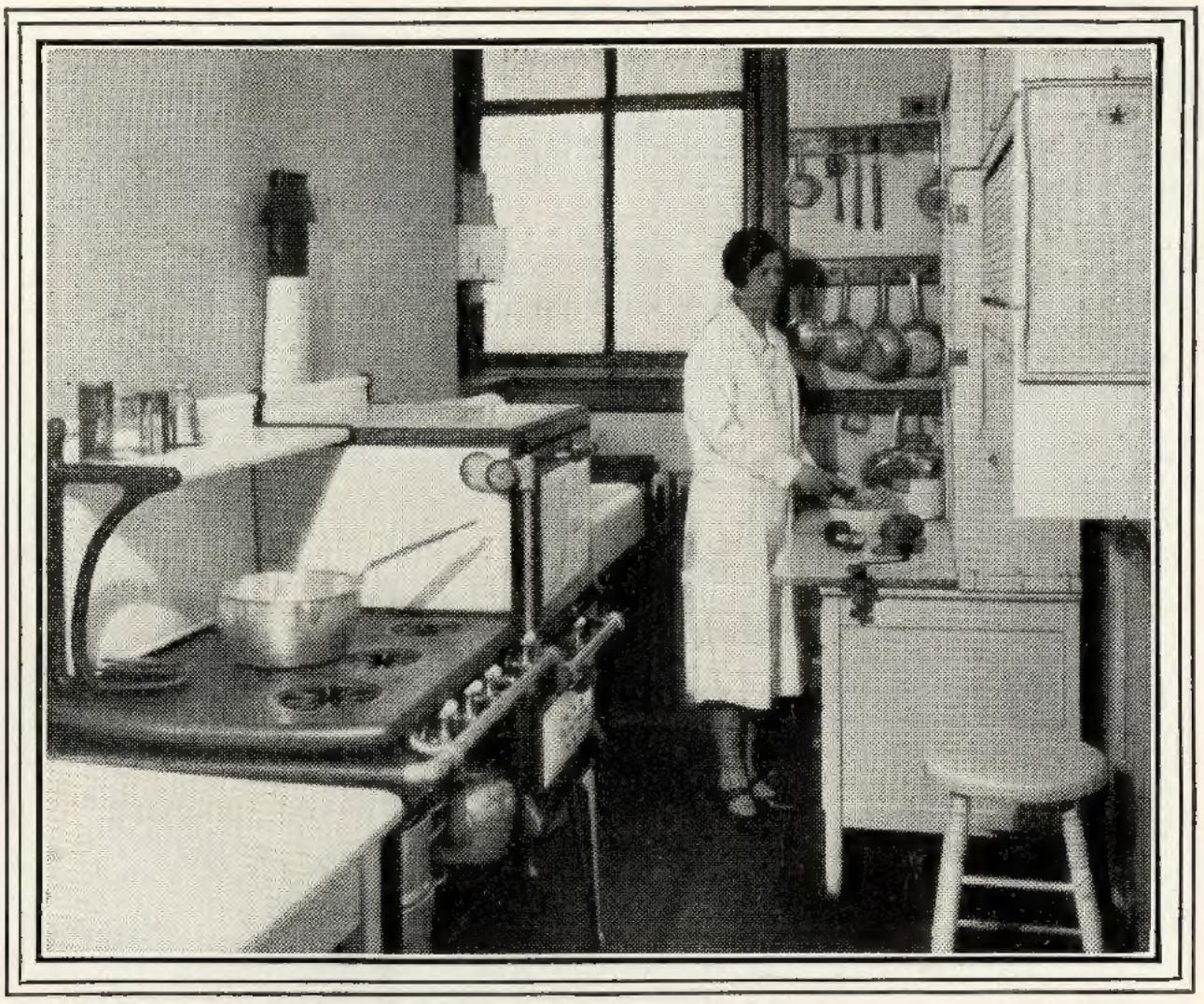
The Salad Bowl





A corner of the BEST FOODS experimental kitchen, where the recipes in this booklet were developed and tested.

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THE BEST FOODS, INC.

NEW YORK CHICAGO SAN FRANCISCO

Well Planned Luncheons and Dinners Include SALADS

OUR TASTE for salads is an inheritance from classic times and ancient lands. Epicures have always considered them a vital part of every well planned luncheon or dinner. But it is only within recent years that modern food authorities and innovations in food manufacture have inspired Americans to live up to the French tradition of serving at least one salad a day.

Leaders in health education have taught us the value of salads as a means of serving fresh foods in our daily meals, insuring a more perfectly balanced dietary for the average family through the introduction of mineral salts and vitamins. To simplify the serving of salads, manufacturers like THE BEST FOODS, INC. have relieved the home-maker of a great responsibility. With the aid of scientific equipment, skilled chefs and secret formulas, they enable the most discriminating home-maker to buy salad dressings so perfect that she is proud to serve them on her table.

WITH BEST FOODS MAYONNAISE, BEST FOODS THOUSAND ISLAND DRESSING, and BEST FOODS RELISH SPRED, bought ready to use, and yet as fine as any dressing that can be made, today's home-maker is becoming expert at salad making. Salads improve her menus and grace the home table, in addition to increasing the health insurance of her family. Relieved of the responsibility of preparing dressings, she is able to acquire artistry in combining the colorful and flavorous foods adapted to the salad course.

In the hope of furthering the healthful and delightful custom of serving salads daily, we have prepared this booklet, which contains suggestions which may prove helpful in the preparation of new salad combinations with BEST FOODS salad dressings.

BEST FOODS HOME ECONOMICS SERVICE

Crisp refreshing salads should play an important part in the family menu both in winter and summer.

BEST FOODS salad dressings are produced by the most delicate of processes. The secret of BEST FOODS MAYONNAISE lies in the use of whole, fresh eggs (broken right from the shell), finest salad oil, fine fruit vinegar and choice spices, blended in a manner which insures perfection.

Half Pint Jar - 25c

BEST FOODS RELISH SPRED has a base of BEST FOODS MAYONNAISE, to which selected pickles and imported pimientos are added to form a piquant, tangy spread for sandwiches, meat and fish, salads, stuffed celery and eggs and dozens of other delicious dishes. **Half Pint Jar - 30c**

BEST FOODS THOUSAND ISLAND DRESSING also has a base of BEST FOODS MAYONNAISE, to which is added a special piquant chili sauce, forming a spicy delicious dressing which may be used in preference to the mayonnaise for certain types of salad combinations.

Half Pint Jar - 25c

BREAD AND BUTTER PICKLES, the newest member of the BEST FOODS family, are *fresh* sliced cucumber pickles, packed as soon as they have come from the vine. Prepared after an old-fashioned recipe, they have a "sour sweet" flavor that makes them irresistible. BREAD AND BUTTER PICKLES make a perfect garnish for fish and seafood salads. **One Pound Jar - 25c**

NUCOA NUT MARGARINE, another "ONE *of the* BEST FOODS" is used by women throughout country as a spread for bread and in cooking.

General Directions for Making Salads And the Various Sauces Made From BEST FOODS MAYONNAISE

BEST FOODS MAYONNAISE, varied at times as follows, will add a note of individuality to your menus:

TARTAR SAUCE. Mix 1 cup BEST FOODS MAYONNAISE, 2 tablespoons chopped BREAD AND BUTTER PICKLES, 1 teaspoon chopped onion, 1 teaspoon chopped parsley, 1 teaspoon chopped capers.

SWEET FRUIT DRESSING. Mix ½ jar (half-pint size) BEST FOODS MAYONNAISE, 3 teaspoons powdered sugar, ½ cup whipped cream and 2 teaspoons lemon juice. Beat until smooth and fluffy.

COCKTAIL SAUCE. Mix ½ jar BEST FOODS MAYONNAISE (half-pint size), Tabasco Sauce, ½ cup tomato catsup, 1 teaspoon Worcestershire Sauce, 3 teaspoons horseradish, ½ teaspoon salt and 2 teaspoons lemon juice or vinegar.

ROQUEFORT DRESSING. Beat 6 tablespoons BEST FOODS MAYONNAISE and ⅛ pound Roquefort Cheese until an emulsion is formed. Add lemon juice and a little chopped pimiento.

HONEY DRESSING. Take equal parts of honey and BEST FOODS MAYONNAISE. Cream thoroughly and add finely chopped nut meats. Spread between thin slices of bread.

Sometimes a recipe calls for the mixing of ingredients in French dressing before the salad is topped with mayonnaise. French dressing is easily prepared as follows:

¼ cup vinegar 1 teaspoon salt 1 teaspoon sugar
¾ cup salad oil ⅓ teaspoon paprika

Mix all together and beat till thick. Onion juice, mustard and other seasonings may be added to taste.

Salads fall into these groups:

1. Those served in a meal of three or more courses. These should be simple—often very little more than the green salad plants.

2. Those served as a main dish for luncheon or supper. Hearty vegetable, meat, fowl, or fish salads come in this group.

3. Fruit salads served as dessert.

Lettuce stays crisp and fresh when kept in the refrigerator in a damp cheese cloth bag.

Salad plants (lettuce, celery, cabbage, watercress, romaine, endive, etc.) should be prepared an hour in advance of serving, examined and thoroughly washed, dried, and wrapped in a damp cloth, or placed in a special salad bag, and placed in the refrigerator until wanted. Have salad plants dry when arranged for serving. The leaves should be fresh, crisp and cold, and placed on chilled salad plates.

Lettuce may be shredded by tearing with the fingers or may be cut in strips with a silver knife.

Cucumbers should be thickly pared, sliced or diced and dropped into cold water.

Radishes may be sliced without removing the skins, and placed in cold water.

Celery should be carefully washed with a brush, and cut in pieces as desired, the "hearts" being reserved for table use.

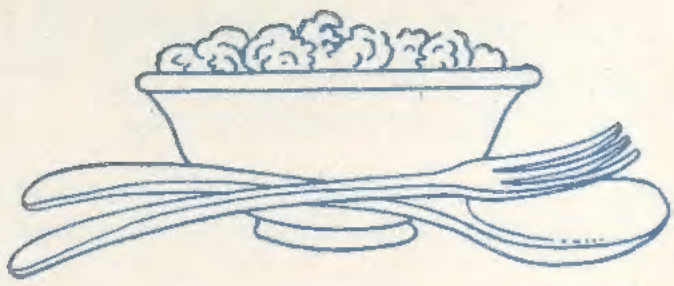
All cooked vegetables should be firm, so that they may be neatly cut in uniform pieces. All uncooked fruits and vegetables must be fresh, crisp, cold and dry.

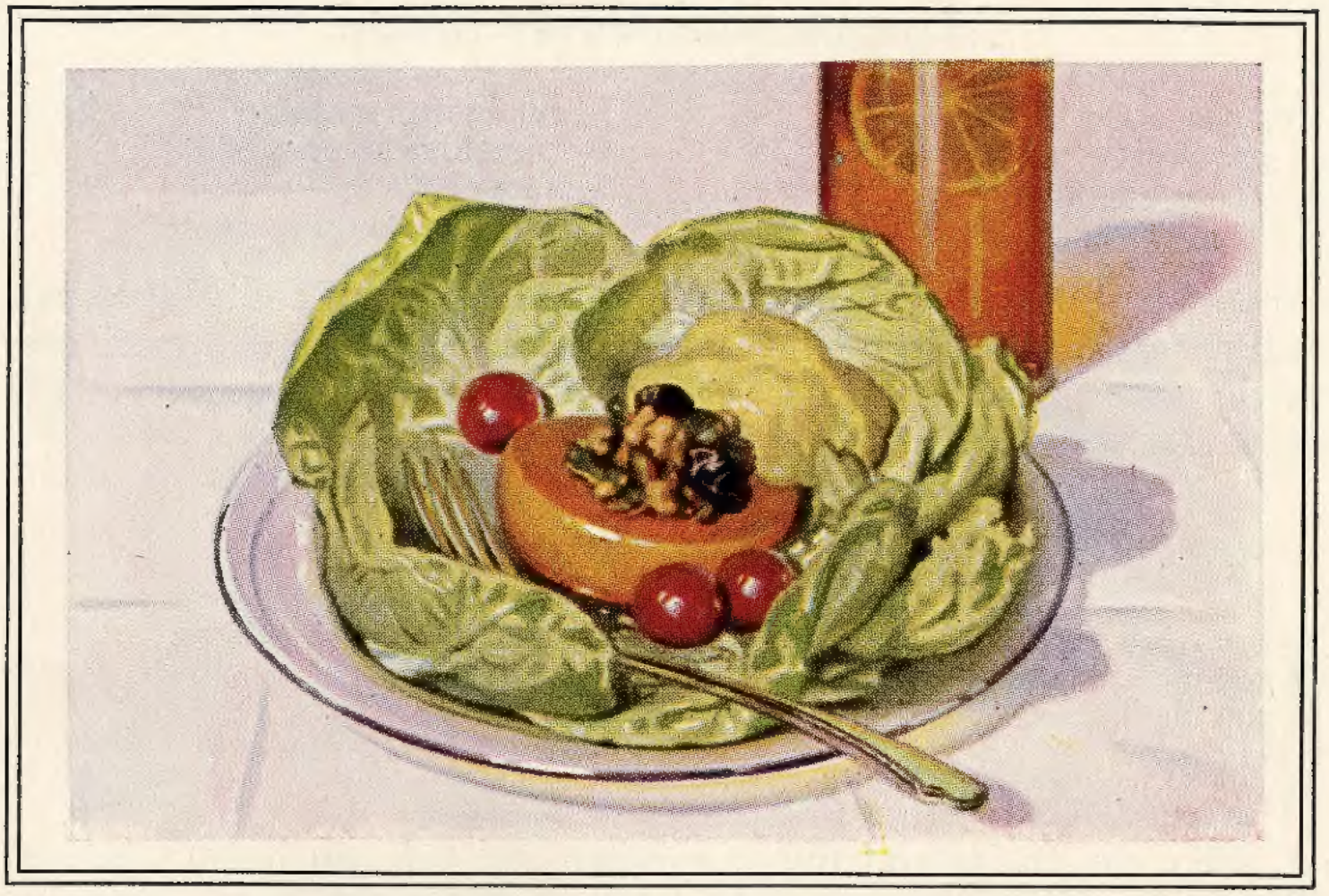
Remove all skin, bone, and fat from meats before cutting in dices or small pieces of uniform size. Flake fish, freed from skin and bone, in uniform pieces, not too small.

Fish, meats, and cooked vegetables should be well marinated (mixed in French dressing until each piece is thoroughly coated) and chilled, before they are mixed with dressing and arranged on lettuce.

Fruits for salads should be cut into pieces which are not too small, and handled gently. Chill fruit well, and if desired, arrange each individual salad separately to avoid crushing. Fruits which discolor upon exposure to air should be sprinkled with lemon juice.

The garnishes selected should harmonize with the salad in color and flavor. Bread and Butter Pickles, olives, capers, hard cooked eggs, radishes, celery tips, cherries, nuts, pimientos, red and green peppers, chives and parsley, chopped or cut in fantastic shapes, add greatly to the appeal of salads to which they are appropriate. Nuts and cherries are most popular for fruit salads—capers, and Bread and Butter Pickles or pickled beets for fish and seafood. A plain green salad may be garnished with capers, Bread and Butter Pickles, olives or thinly sliced small radishes.





Fruit Salads

Peach Favorite

6 halves canned peaches
2 tablespoons candied lemon peel (chopped fine)
6 maraschino cherries
2 tablespoons citron (chopped fine)
2 tablespoons nuts (chopped fine)
Lettuce
BEST FOODS MAYONNAISE

Mix the chopped citron, candied lemon peel and nuts with enough mayonnaise to form in balls. Place each half peach on lettuce leaves, put a ball of the fruit and nut mixture in center, and garnish with maraschino cherries. Serve with BEST FOODS MAYONNAISE.

Cheese Sticks

Cut bread in sticks lengthwise, spread thinly with NUCOA, sprinkle with cheese, grated and seasoned with salt and cayenne, and bake until delicately browned.

An infinite variety of tempting sandwiches can be made with BEST FOODS RELISH SPRED.

Marshmallow Fruit Salad

1 orange
½ grapefruit
6 marshmallows
2 slices pineapple
½ cup broken nutmeats
6 maraschino cherries (sliced)
Lettuce
BEST FOODS MAYONNAISE

Cut marshmallows in pieces. Peel the orange and grapefruit, and remove all white skin. Cut fruit in dice. Mix all ingredients with sweet fruit dressing (see Page 5), and serve on lettuce leaves.

White Salad

½ cup white grapes
½ cup pineapple
½ cup diced pears
6 red cherries
½ cup white cherries
½ cup diced marshmallows
½ cup blanched brazil nuts (chopped)
Lettuce
BEST FOODS MAYONNAISE

Mix the fruits and nuts together and pile on lettuce leaves. Top each pile with a spoonful of BEST FOODS MAYONNAISE with a red cherry in the center.

Autumn Salad

1 cup tart apples, diced
½ cup seeded raisins
1 cup choice celery (cut fine)
½ cup broken nutmeats
3 maraschino cherries
Lettuce
BEST FOODS MAYONNAISE

Mix together all the ingredients, except cherries, with BEST FOODS MAYONNAISE, pile on lettuce leaves and garnish with slices of cherries.

Stuffed Orange Salad

3 oranges
1 cup cubed pineapple
½ cup pecans
BEST FOODS MAYONNAISE

Cut oranges in halves and carefully remove pulp, preserving as large sections as possible. Save the skins for the salad shells. Combine the fruit with nuts and BEST FOODS MAYONNAISE. Serve on a bed of lettuce in orange cups.

It is well to select your salad combinations with an eye for color as well as for flavor:

Stuffed Canned Apricots

1 can apricots
1 cream cheese
½ cup chopped nutmeats
1 doz. cooked prunes
Whipped cream
Lettuce
Best Foods Mayonnaise

For each serving, place two or three apricot halves on lettuce leaves. Mix the nuts and cheese with two tablespoons mayonnaise, and fill the apricot hollows with it. Decorate with halves of cooked prunes and serve with Best Foods Mayonnaise mixed with an equal amount of whipped cream.

Pear Novelty

3 ripe pears or
6 halves canned pears
3 tablespoons crystallized ginger (chopped)
3 tablespoons chopped almonds
Lettuce
Best Foods Mayonnaise

Mix the nuts and ginger with enough mayonnaise to make it stick together, place one teaspoonful in the hollow of each pear. Serve each half pear on a bed of lettuce leaves with Best Foods Mayonnaise.

Best Foods *Frozen Fruit Salad*

2 teaspoons gelatine
1 cream cheese
1 cup whipped cream
1 cup Best Foods Mayonnaise
1 cup canned shredded pineapple
1 small bottle maraschino cherries

Dissolve the gelatine in two tablespoons of pineapple juice by placing it over a bowl of hot water. Mash the cream cheese, and add slowly to the whipped cream which has been combined with the Best Foods Mayonnaise. Cut the cherries into bits. Drain the juice from the fruit and fold all ingredients lightly together. Place in a mold, spread with waxed paper, cover, and pack in ice and salt (using two parts of ice to one of salt) for three hours. Serve on lettuce leaves.

Valuable mineral salts and vitamins are inherent in all salad plants.

Unusual Salads

Prepared By Armand J. Doré, Famous Artiste Culinaire

Hollywood Supreme

½ diced pear
½ diced apple
2 slices pineapple
½ sliced banana
3 fresh strawberries halved
Best Foods Mayonnaise

Scoop hearts of lettuce, fill in the above ingredients, season with lemon and oil dressing. Decorate top with two luscious dates and two quarter slices of fresh pineapple. Decorate center with Best Foods Mayonnaise. Top it off with Maraschino Cherries.

Endive Continentale

Imported Belgian endive. Scoop the heart of the endive, leaving the outside leaves. On the roots mince the heart of the endive and the hearts of celery. Place in a salad bowl. Add a few sprigs of fresh minced tarragon leaves. Mix in the Best Foods Mayonnaise. Fill the leaves of the endive with the ingredients. This will form Endive Surprise. Lay the endive on a salad plate. Decorate all around with lettuce leaves and place on each side one segment of grapefruit and one segment of orange. Lay on the top of the Surprise, Julienne pimientos in rotation. On both ends, dash of Best Foods Mayonnaise.

Comédie Francaise Salad

Take two nice fresh or canned peaches. Pare same. Cut them into quarters in diagonal shape. Work cream cheese with honey to a thick paste. Add to cream cheese chopped English walnuts and two chopped fresh dates. Roll the cheese into a bowl shape. Then place the cheese in the center of four lettuce leaves. Place all around the quarters of peaches. This will form a rose shape. Then decorate between the peaches diced date and whole walnut —alternately. Serve with sweet fruit dressing (see page 5).

Bread and Butter Pickles are the original fresh sliced pickles—made the old fashioned way.

Best Foods Salad

½ cup diced ham
¼ cup diced celery
¼ cup diced bottom of artichoke
¼ cup diced Bread and Butter Pickles
Best Foods Thousand Island Dressing

Take a large size imported French artichoke. Scoop out the center and fill in the ingredients. Decorate center with Best Foods Thousand Island Dressing. Decorate all around the dressing in a circle shape chopped Bread and Butter Pickles.

Marquise Salad

Slice one whole banana into four quarters. Cut half green apple in juliennes and half pear in juliennes. Lay the two quarters of banana on a lettuce leaf on a salad plate. Lay in the center of the banana lengthwise the prepared ingredients. Lay on top the other two quarters of banana. Decorate the center with Best Foods Mayonnaise. Top it off with maraschino cherries.

Isleton Salad

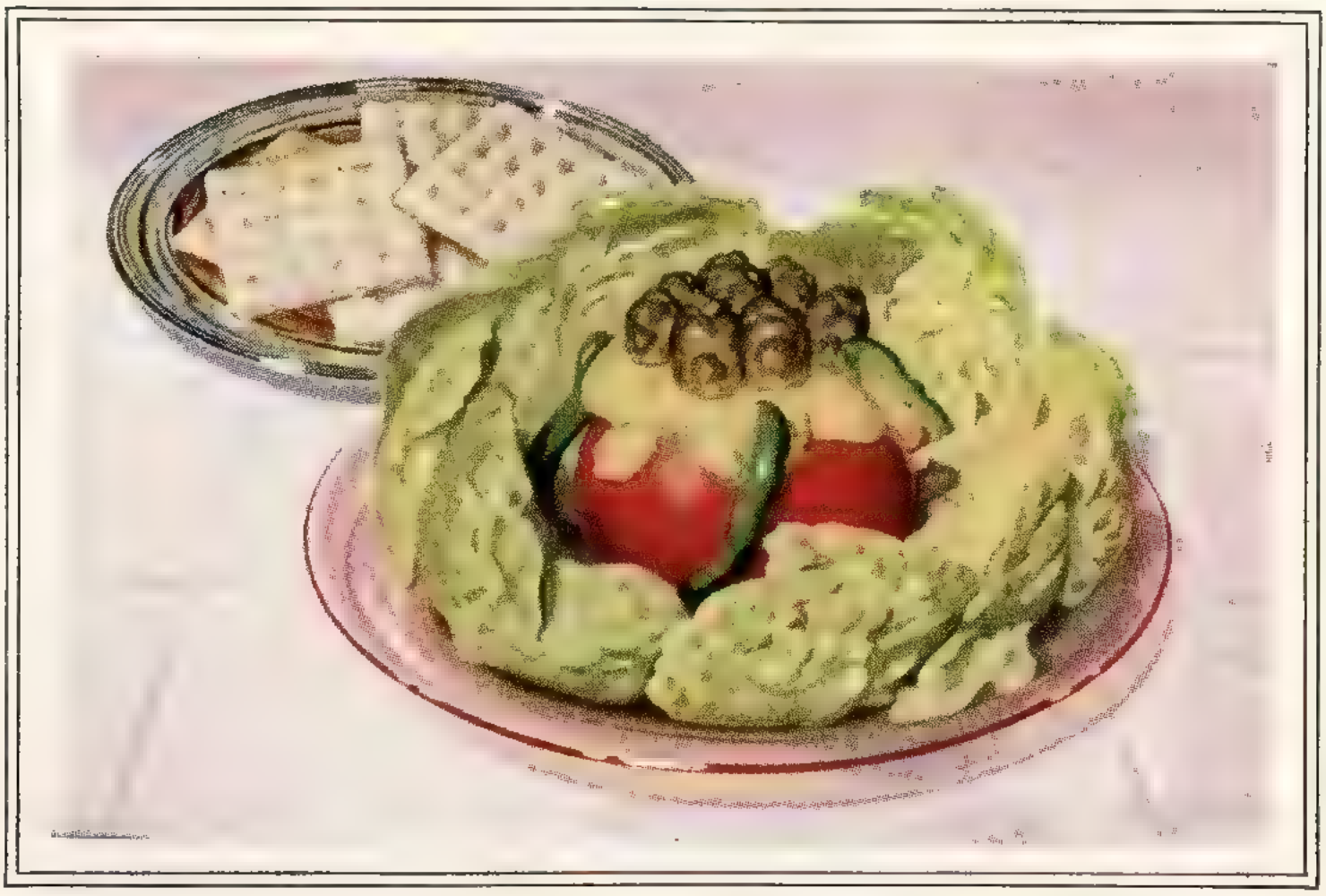
2 crisp half hearts of romaine
3 slices of tomato
6 large green asparagus tips
Best Foods Thousand Island Dressing

Lay hearts of romaine on platter. Place sliced tomato on the hearts, then asparagus tips, alternating until the salad is decorated and appetizing. Serve with Best Foods Thousand Island Dressing.

Waikiki Salad

Pare one green apple. Take sliced onion julienne. Take half a cup of seeded raisins, and ¼ cup of walnut meats, cut in two. Two slices of Hawaiian pineapple. Cut in dices. Put the ingredients in a salad bowl. Combine with Best Foods Mayonnaise. Place on a plate hearts of lettuce leaves and fill the leaves with half maraschino cherries. Place between walnut meats, diced pineapple and raisins, alternating between the crowns.

Anyone can buy good ingredients, but it is both an art and a science to mix them into a fine salad dressing.



Vegetable Salads

Asparagus Tomato Cup

6 ripe tomatoes
1½ cups shredded pineapple
Lettuce
1 can asparagus tips or fresh boiled asparagus tips
BEST FOODS MAYONNAISE

Scald the tomatoes and remove skin, cut a slice off the top of each and scoop out the contents to make tomato cups. Stick three or four tips of asparagus into each cup, fill the crevices with shredded pineapple, chill and serve on lettuce leaves with BEST FOODS MAYONNAISE. This may be garnished with green peppers, if desired.

Sunday Night Salad

1 bunch watercress
1 Bermuda onion
2 oranges
Paprika
BEST FOODS MAYONNAISE

Arrange thin slices of oranges and onion on watercress nests. Serve with 2 tablespoons mayonnaise mixed with juice of lemon, 1 teaspoon Worcestershire sauce, ¼ teaspoon Tabasco sauce, ½ teaspoon salt and ¼ cup chili sauce or tomato catsup.

For meat and fish salads, BEST FOODS THOUSAND ISLAND DRESSING is particularly delicious.

Summer Potato Salad

6 diced cold potatoes
1 large cucumber, diced
1 onion chopped
4 diced hard cooked eggs
12 radishes, thinly sliced
BEST FOODS MAYONNAISE

Season the ingredients to taste with salt and moisten with BEST FOODS MAYONNAISE. Chopped celery may be added if convenient.

Cabbage Spice

2 cups shredded cabbage
1 green pepper (chopped fine)
3 tablespoons chopped nuts
½ teaspoon salt
Lettuce
1 tart apple
1 pimiento (chopped)
1 tablespoon vinegar
Pepper to taste
BEST FOODS THOUSAND ISLAND DRESSING

Cut the apple in slender strips about an inch long, pour vinegar over cabbage, then mix all ingredients lightly with THOUSAND ISLAND DRESSING. Serve cold on lettuce leaves.

Vegetable Cubes

2 tablespoons gelatine
⅓ cup vinegar
1 cup chopped cabbage
1 pimiento, chopped
1½ cups water
1 teaspoon salt
1 cup chopped celery
8 olives cut in pieces
BEST FOODS MAYONNAISE

Put the gelatine in one-half cup of cold water and heat gently until soft. Add vinegar, remainder of water and salt. When it is ready to set add the vegetables. Pour into a square or oblong mold and chill. When ready to serve cut in cubes and serve with mayonnaise on lettuce leaves. (Left-over vegetables such as peas, string beans, cauliflower, beets or carrots can be substituted for the above).

Winter Salad

5 stalks celery
1 grapefruit
BEST FOODS MAYONNAISE

Slice the celery, and carefully remove the pulp of the grapefruit, separating it into the small divisions that hold the juice without breaking. Combine with BEST FOODS MAYONNAISE. Serve on lettuce leaves.

BEST FOODS DRESSINGS are members of the famous "BEST FOODS FAMILY" and are sold from coast to coast.

Tomato Aspic

2 tablespoons gelatine
¾ cup water
1 quart of canned tomatoes
1 teaspoon onion juice
1 tablespoon sugar
1 bay leaf
1 tablespoon minced parsley
⅛ teaspoon white pepper
½ teaspoon salt
Lettuce

BEST FOODS MAYONNAISE

Soak gelatine in water thirty minutes. Drain liquor from tomatoes and bring to a boil, adding onion juice, sugar, bay leaf, parsley and pepper and salt. Simmer for twenty minutes, add gelatine, stir until dissolved, and strain into a jelly mold through a flannel bag. When firm, cut in squares, and serve on lettuce leaves, garnished with BEST FOODS MAYONNAISE.

Tomato Surprise Salad

5 tomatoes
¾ cup diced cucumber
½ cup diced hard cooked eggs or cooked chicken
¼ cup chopped walnuts
Lettuce
BEST FOODS MAYONNAISE

Scald and skin medium sized tomatoes. Chill and scoop out seeds and part of pulp. Chill all ingredients. When ready to serve, mix egg or chicken, cucumber, tomato pulp and chopped walnuts with BEST FOODS MAYONNAISE, adding salt if desired. Fill tomato shells with this mixture, arrange on lettuce leaves and garnish with mayonnaise and walnut meats.

Cucumber Supreme Salad

3 medium sized cucumbers
2 tomatoes
3 stalks celery
BEST FOODS MAYONNAISE

Peel the cucumbers, cutting them in two lengthwise, and scraping out the seeds. Peel and chop the tomatoes. Dice the celery. Mix together; add a few drops of onion juice and BEST FOODS MAYONNAISE. Fill the halved cucumbers with this mixture. Arrange on lettuce leaves. Thin slices of radishes with the red skin left on makes a pretty garnish.

BREAD AND BUTTER PICKLES have a cool crispness and a "sour sweet flavor" which is really different.

Meat and Fish Salads

Ham Luncheon Salad

1 cup cold boiled ham (cut in cubes)
½ cup celery (cut fine)
½ cup green pepper (cut fine)
Lettuce
1 cup peas (fresh or canned)
½ cup BREAD AND BUTTER PICKLES (cut in pieces)
1 teaspoon minced onion
BEST FOODS MAYONNAISE OR RELISH SPRED

Season with salt and pepper, mix with BEST FOODS MAYONNAISE or RELISH SPRED and serve cold on lettuce leaves. Garnish with bits of tomato, pickled beets, or sliced hard-boiled eggs.

Chicken Salad

2 cups chicken, in cubes
2 cups crisp celery, cubed
½ cup white grapes
Lettuce
BEST FOODS MAYONNAISE

Cut chicken in cubes and marinate an hour in French dressing to develop flavor. Add celery and white grapes, and just before serving, mix with BEST FOODS MAYONNAISE. Nuts may be added, if desired, and the salad may be garnished with hard cooked eggs, curled celery, capers, or BREAD AND BUTTER PICKLES.

Always wash and chill salad ingredients at least an hour before using.

Sweetbread Salad

1 cup cooked sweetbread
¾ cup cucumber (chopped)
1 cup sliced button mushrooms
1 tablespoon onion (chopped fine)
1 tablespoon parsley (chopped fine)
2 tablespoons chopped celery

BEST FOODS MAYONNAISE

Chill sweetbreads thoroughly and dice. Mix all ingredients together with BEST FOODS MAYONNAISE and season to taste with lemon juice or vinegar, salt and paprika.

Shrimp and Pineapple

1½ cups fresh cooked or canned shrimp
1½ cups pineapple, cut in pieces
Salt and paprika
Lettuce

BEST FOODS MAYONNAISE

Remove the black line from shrimp and cut in pieces. Marinate and chill. Mix the shrimp, pineapple, seasonings and BEST FOODS MAYONNAISE and serve on crisp lettuce leaves. Garnish with slices of stuffed olives.

Sardine Salad

6 hard cooked eggs
Juice of ½ lemon
12 stuffed olives
1 can French sardines
2 large tomatoes
Hearts of lettuce
BEST FOODS MAYONNAISE

Mash the yolks of the eggs, adding a little BEST FOODS MAYONNAISE, lemon juice, and chopped stuffed olives. Bone and mince the sardines, and add to egg mixture. Shred hearts of lettuce, arrange on individual plates, place a slice of peeled tomato on each, and on it form a small mound of egg and sardine mixture. Pour over this BEST FOODS MAYONNAISE, to which chopped chives may be added. Rice the whites of the eggs, sprinkle over the top, and garnish each serving with a whole stuffed olive.

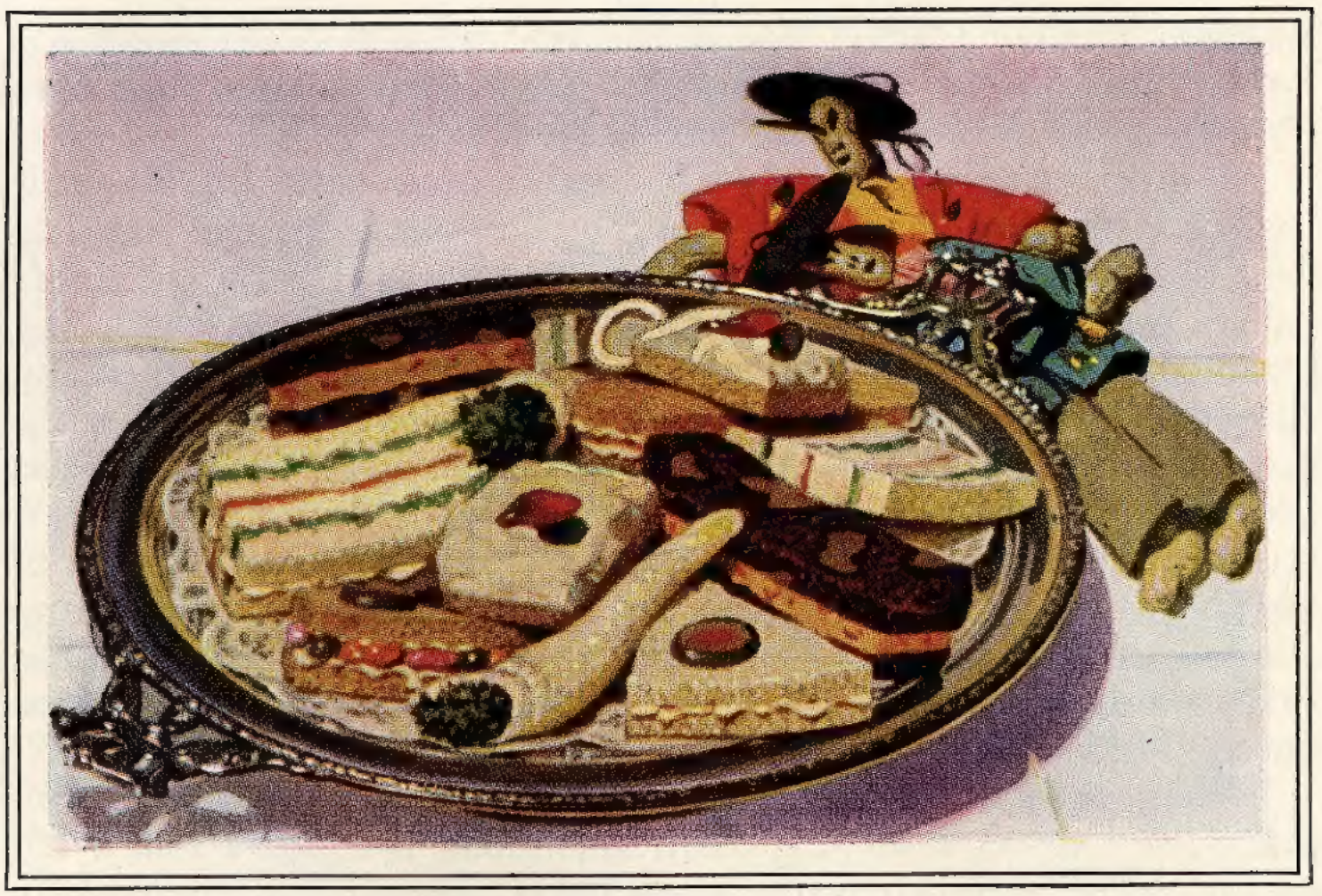
Tuna Fish Salad

2 cups tuna fish
Juice of 1 lemon
Hearts of lettuce
2 tablespoons chopped olives
2 tablespoons capers
1 cup finely chopped celery
2 hard cooked eggs
Salt and paprika

BEST FOODS MAYONNAISE

Mix tuna fish with celery, olives, BEST FOODS MAYONNAISE and seasonings and lemon juice. Make a nest of lettuce leaves in a salad bowl and place tuna fish mixture in it. Scatter the capers over it and dust with paprika. Garnish with rings of hard cooked eggs.

Nothing but absolutely fresh eggs, broken right from the shell, are used in BEST FOODS DRESSINGS.



And now—Sandwiches

ANYONE who has mastered the fundamental rules governing the preparation of simple sandwiches can readily create novel and amusing dainties for occasions which demand something more than two slices of bread with something between them. The usefulness and versatility of BEST FOODS DRESSINGS do not end with the salad course, but extend to the lunch-box and the afternoon tea table.

In preparing party sandwiches, be supplied with a variety of breads—white, rye, graham and whole wheat—all twenty-four hours old. For elaborate sandwiches built in layers or rolled, fresh moist bread will also be required. The NUCOA used for spreading should be creamed before using. Sandwiches prepared in advance of serving may be wrapped in a slightly damp, clean cloth and kept in the refrigerator.

LAYER SANDWICHES: Sandwiches in layers may be made of two or three different kinds of fresh breads, with a different filling for each layer. Color harmony as well as harmony of flavors must be thought of, so that the finished sandwich will be pretty to look at and delicious to eat.

ROLLED SANDWICHES: For rolled sandwiches, cut single slices lengthwise from a loaf of very fresh bread, spreading the surface of the side with the selected filling. When cut, the slice will roll up of its own accord. Insert a sprig of parsley in the open end.

Making mayonnaise at home is a tricky and expensive business. Why bother when you can get BEST FOODS?

RIBBON SANDWICHES: These are composed of four to six very thin slices of bread, with a different filling between each two slices. Press the layers firmly down on one another, and slice them downward to secure a "cross-section" sandwich.

A glorified ribbon sandwich combination calls for a whole loaf of white bread. After removing the crusts, cut the bread in four thick slices lengthwise. Spread creamed Nucoa on the upper side of the first slice, then cover with chicken salad. After placing creamed Nucoa on the second slice, cover it with crisp, finely shredded lettuce and chopped BREAD AND BUTTER PICKLES moistened with BEST FOODS MAYONNAISE, then place on top of the first slice. Spread the third slice with Nucoa and cover with a mixture of chopped, hard cooked eggs, pimiento and BEST FOODS MAYONNAISE, and place above the second slice. After spreading the fourth slice, place it Nucoa side down on top of all. Fold the loaf in a damp napkin, put it in a bread pan, place a bread board on top, and let stand for fifteen minutes.

When ready to serve, remove from the pan, unwrap the napkin, place the loaf on a serving dish, and mask the entire loaf with cream cheese softened with cream until smooth. On the creamy surface, sprinkle chopped nuts generously.

The layer filling must be very soft and fine, that the loaf may be sliced at the table without difficulty.

This attractive sandwich combination can be made the main course of a Sunday night supper.

All varieties of sandwiches, simple and otherwise, may be given a particularly festive air through the use of a cookie cutter or other shape which may be used to stamp out the slices. Bits of jelly, halves of nuts, sliced olives and numerous other popular garnishes will add a dressed-up air. And as for the BEST FOODS salad dressings! Try some of these combinations next time you make up sandwiches!

MEAT OR FISH SANDWICHES: For a truly delicious hearty sandwich, prepare a filling of broiled, chopped bacon mixed with BEST FOODS RELISH SPRED. Minced ham with BEST FOODS MAYONNAISE and chopped BREAD AND BUTTER PICKLES, or thinly sliced ham, chicken or lamb, sprinkled with salt, and spread with a little mayonnaise will also be well received. Anchovy paste, blended with a little of the mayonnaise and hard cooked eggs passed through a ricer, between slices of graham bread, will be found a delicacy. Flaked salmon with minced pimiento, or minced shrimps with green pepper and BEST FOODS MAYONNAISE make the most delicate of sandwiches. Tuna fish minced and mixed with mayonnaise and chopped BREAD AND BUTTER PICKLES, or minced sardines and mayonnaise, with lemon juice and a garnish of BREAD AND BUTTER PICKLES, is just one more agreeable combination.

You can count on BEST FOODS DRESSINGS being always fresh and of uniform high quality.

A delightful afternoon tea sandwich filling combines equal portions of sardine paste (bone canned sardines and crush with a fork until smooth) and cream cheese softened with BEST FOODS MAYONNAISE.

VEGETABLES IN SANDWICHES: Thinly sliced onion and THOUSAND ISLAND DRESSING make a very novel sandwich, easy to prepare. Hard cooked egg and cucumber, finely chopped and moistened with THOUSAND ISLAND DRESSING, form another. Most fragile sandwiches of white bread, containing thin slices of unsalted cucumber, spread with a little BEST FOODS MAYONNAISE, are an ornament to the tea table, especially if cut in very small rounds. Plain lettuce with BEST FOODS MAYONNAISE on white bread is another dainty sandwich combination. Cottage cheese and chopped parsley with mayonnaise is yet another.

FRUITS AND NUTS: Mashed banana pulp, moistened with lemon juice, and mixed with chopped nuts and enough BEST FOODS MAYONNAISE to moisten makes an alluring sweet sandwich. Cream cheese, mixed with chopped dates, nuts, and maraschino cherries, moistened with BEST FOODS MAYONNAISE is a worthy rival. Ground nuts, blended with an equal amount of creamed NUCOA, spread on white bread, with a leaf of lettuce and a bit of mayonnaise, are most tempting. Chopped olives and ground nuts, minced pimiento and mayonnaise form a mixture which is delicious but not sweet.

Although prudent folk are destined always to frown upon the wild foibles of that reckless gamester, the famous Earl of Sandwich, and though no doubt his family and friends apprehended that he would "do himself a mischief" through a devotion to gambling so great that he could not bear to leave the table, even to eat, who can belittle his great gift to man—the sandwich?

This favorite among food combinations plays many a rôle in the realm of cookery, from the main dish of a luncheon to the favored accompaniment of afternoon tea, from the embodied spirit of holiday meals to the comforting midnight snack. The chef has clubbed it, rolled it, toasted it, and smothered its humble identity beneath rich sauces, but it lives on.

Heavy and light, hot and cold, sweet and sour, in a thousand guises it delights the varying tastes of millions every day in the year. In paper bags, in waxed envelopes, on delicate china, with garniture fit for a king, it appears to the sound of applause in the haunts of the great and the lowly alike. In many instances, we know not whence it came nor of what mysterious combinations its flavor is concocted, yet we refuse to be without it, though it has been with us now for a hundred years.

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